

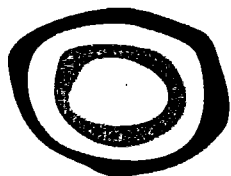
Vital Living Network's Guide to Lifelong Learning Opportunities In Montgomery County for Older Adults

1. **City of Gaithersburg Upcounty Senior Center** - serves individuals 55+ who are residents of Gaithersburg and the surrounding area, 80A Bureau Dr. Gaithersburg, call 301-258-6380, or visit www.gaithersburgmd.gov/services/senior-services
2. **City of Rockville Senior Center** - serves Rockville residents 60+ with a variety of exercise, computer, recreational and educational programs. Programs and services are available in English, Spanish and Chinese. 1150 Carnation Drive, Rockville, call 240-314-8800, or visit www.rockvillemd.gov/seniorcenter
3. **City of Takoma Park Senior Programs** for persons 55+, 7500 Maple Avenue, call 301-891-7100, or visit <http://takomaparkmd.gov/recreation/seniors>
4. **Golden ID Program, University of Maryland, College Park.** For older adults 60+ who are retired or work 20 hours a week or less and not seeking a degree. Contact 301-314-8219 or visit <http://www.umuc.edu/students/support/advreg/registration/golden.cfm>
5. **Holy Cross Hospital Senior Source** - Designed for active adults age 55 +, 8580 Second Avenue, Silver Spring, call 301-754-8510, or visit www.holycrosshealth.org/senior-source-wellness-center
6. **JCC – Jewish Community Center of Greater Washington** offers a variety of programs for the 55+ community (visit <http://www.jccgw.org/adults/lifelong-learning>) which include:
 The Weinberg Health & Fitness Center JCC of Greater Washington, 6125 Montrose Road, Rockville, contact Debbie Sokobin at dsokobin@jccgw.org or 301-348-3760
 Adult Center for Education (ACE) Seminars at the JCCGW and Leisure World, contact Melanie Greenfield at mgreenfield@jccgw.org or 301-348-3807
 JCC Coming of Age in Maryland offers activities, excursions and special events for individuals 60+, contact fenoch@jccgw.org or call 301-348-3832
7. **Jewish Council on Aging (JCA) University** - Skilled instructors help seniors, family caregivers, and aging services professionals, call 301-255-4200 or 703-425-0999, <http://www.accessjca.org/article/220/programs/learn-and-grow>
8. **Legacy Leadership Institute on Public Policy**, sponsored by University of Maryland, connects Maryland residents 50+ who are interested in seeking new careers or have an interest in learning about Maryland legislative operations. For more information and to obtain a registration form visit www.sph.umd.edu/hisa/legacy_app.cfm
9. **Live & Learn Bethesda (LLB)** – a non-profit organization to enrich the Bethesda-Chevy Chase community through interesting, informative and stimulating classes for people of all ages, call 301-740-6150, or visit <http://liveandlearnbethesda.org> , 4805 Edgemoor Lane, Bethesda.
10. **Montgomery College - Lifelong Learning Institute** offers a variety of intellectually stimulating classes for Montgomery County residents age 50+; contact Natasha Sacks 240-567-1828, Natasha.Sacks@montgomerycollege.edu or visit <http://cms.montgomerycollege.edu/wdce/ce/lifelonglearning.html>
11. **Montgomery County Recreation** - 5 Senior Centers and 13 55+ Active Adult program sites <http://www.montgomerycountymd.gov/rec/thingstodo/senior/index.html>
 - a. Damascus Senior Center 240-777-8095
 - b. Holiday Park Senior Center, Wheaton 240-777-4999
 - c. Long Branch Senior Center, Silver Spring 240-777-6975
 - d. Margaret Schweinhaut Senior Center, Silver Spring 240-777-8085
 - e. White Oak Senior Center, Silver Spring 240-777-6944

12. **Osher Lifelong Learning Institute at Johns Hopkins University** – for information about classes in Montgomery County contact Susan Howard 301-294-7058 or susanh@jhu.edu or Susie Robinson 301-294-7048 or srobin52@jhu.edu or visit <http://advanced.jhu.edu/academics/non-credit-programs/osher-lifelong-learning-institute/>
13. **Other Program Offerings**
- Chinese American Senior Services Association 301-530-4880
 - Chinese Culture and Community Service Center; 240-631-1200
 - Korean American Senior Citizen Association - 301-438-7304
 - Muslim Community Center Seniors – 301-384-3454 or visit <http://mccmd.org/mccseniors>
 - Vietnamese Senior Association of Maryland 301-384-4249
14. **Senior Leadership Montgomery**, a program of Leadership Montgomery, for newly retired adults or those considering retirement. Contact Kati Gimes, 301-881-3333, kati.gimes@leadermont.org or visit <http://www.leadershipmontgomerymd.org/programs/senior-program>
15. **Sibley Senior Association** – Wellness program for adults 50+ offered by Sibley Memorial Hospital, call 202-364-7602 or SibleySenior@jhmi.edu
16. **The Gathering Place Senior Activity Center** –19520 Darnestown Road, Beallsville, contact info@retreatcenter.com or call 301-349-2799
17. **Transition Network- Washington DC – Capital Area Chapter** provides a unique array of events and activities tailored to meet the needs and interest of women 50+. Visit: www.thetransitionnetwork.org, or contact DCCchapter@thetransitionnetwork.org
18. **Washington Adventist University's School of Graduate and Professional Studies** offers free or discounted tuition for older adults 60+, call 301-891-4092 or visit www.wau.edu
19. **Washington Metropolitan OASIS** sponsored by Macy Foundation and Suburban Hospital for adults age 50 + visit <http://www.oasisnet.org/Cities/East/WashingtonDCarea.aspx> or call 301-469-6800 x 211

The Montgomery County Vital Living Network advocates for programs and opportunities that enhance and empower the County's 50+ population. For more information about programs and resources for older adults in Montgomery County, see the Vital Living Network's Navigator, available at County libraries and at www.montgomerycountymd.gov/content/HHS-Program/Resources/Files/A%26D%/20Docs/vital_living_50.pdf

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